



Ice Breaker: If you could have had the starring role in one film already made, which movie would you pick?

Focus questions:

Since the word “worry” in the Greek means to be separated or torn apart in our minds, can you describe a time or situation when worry made you feel like this?

How will the crucial choices we make in verses 19-24 affect our ability to live free from worry (v.25)?

According to Jesus, why are we foolish to worry about our physical and material needs? (vv. 25-30)?

How does worry also reveal a lack of faith (v.30)?

Can you give some examples of how we can “run after all these things” that Jesus talks about (v.31)?

How has this teaching challenged you to re-examine your personal faith and trust in the Lord?

Prayer focus: ...committed in relationship with Jesus Christ... pray for us to be full of faith and worry free

FYF Needs: Ushers, prayer walking on Wednesday morning at 7:00 a the Capital Center for the Arts in Concord or at Awakenings Café in Laconia.